

STOMACH CHANNEL

Begins: LI-20

Organs: ST, SP

Crossing Points: LI-20, UB-1, GB-3, GB-4, GB-5, GB-6, DU-14, DU-24, DU-26, DU-28, REN-12, REN-13, REN-24, GB-14, GB-21

Internal Pathway: encircles lips, enters **upper gums**, connects to DU-14

Branch: ST-36 → lateral aspect of 3rd toe

- **Luo Channel:** ST-40 → SP channel → ascend leg to chest → spread over throat and nape
- **Great Luo:** ST-18/ST-40 → Heart → left breast
- **Divergent Channel:** separates thigh → enters abdomen, ST, SP, HT → emerges mouth → connects to eye, ST
- **Sinew Channel:** toe → ankle → knee → hip/genital → **lumbar spine** → supraclavicular fossa → nose & front of ear

ST-1	Between eyeball and infraorbital ridge, below pupil	ST-24	1 cun superior to umbilicus, 2 cun lateral to midline
ST-2	Infraorbital foramen, 1 cun below pupil	ST-25	2 cun lateral to umbilicus
ST-3	Level with lower border of ala nasi, below pupil	ST-26	1 cun inferior to umbilicus, 2 cun lateral to midline
ST-4	0.4 lateral to corner of mouth	ST-27	2 cun inferior to umbilicus, 2 cun lateral to midline
ST-5	Anterior to masseter muscle	ST-28	3 cun inferior to umbilicus, 2 cun lateral to midline
ST-6	1 finger anterior and superior to angle of jaw	ST-29	4 cun inferior to umbilicus, 2 cun lateral to midline
ST-7	Lower border of zygomatic arch	ST-30	5 cun inferior to umbilicus, 2 cun lateral to midline
ST-8	Corner of forehead, 0.5 cun in hairline	ST-31	Upper thigh, lateral to sartorius
ST-9	Level with pharyngeal prominence, anterior to SCM	ST-32	6 cun above corner of patella
ST-10	Halfway between ST-9 & ST-11, anterior border of SCM	ST-33	3 cun above corner of patella
ST-11	Above clavicle, between sternal and clavicular heads	ST-34	2 cun above corner of patella
ST-12	Supraclavicular fossa, 4 cun lateral to midline	ST-35	Below patella, lateral to patellar ligament
ST-13	Inferior border of clavicle, 4 cun lateral to midline	ST-36	3 cun below ST-35, one finger lateral to tibia crest
ST-14	1st ICS, 4 cun lateral to midline	ST-37	6 cun below ST-35, one finger lateral to tibia crest
ST-15	2nd ICS, 4 cun lateral to midline	ST-38	8 cun below ST-35, one finger lateral to tibia crest
ST-16	3rd ICS, 4 cun lateral to midline	ST-39	9 cun below ST-35, one finger lateral to tibia crest
ST-17	4th ICS, 4 cun lateral to midline	ST-40	8 cun below ST-35, two fingers lateral to tibia crest
ST-18	5th ICS, 4 cun lateral to midline	ST-41	Ankle, between hallicus longus and extensor digitorum long.
ST-19	6 cun superior to umbilicus, 2 cun lateral to midline	ST-42	Dome of foot, between 2nd & 3rd metatarsal
ST-20	5 cun superior to umbilicus, 2 cun lateral to midline	ST-43	Between 2nd & 3rd metatarsals, 1 cun proximal to ST-44
ST-21	4 cun superior to umbilicus, 2 cun lateral to midline	ST-44	Between 2nd & 3rd toes, 0.5 cun proximal to web margin
ST-22	3 cun superior to umbilicus, 2 cun lateral to midline	ST-45	Lateral side of 2nd toe, corner of nail
ST-23	2 cun superior to umbilicus, 2 cun lateral to midline		

ST-1		Benefits face and eyes
ST-2		Benefits face and eyes
ST-3		Benefits face and mouth
ST-4		Benefits face and mouth
ST-5		Benefits face and jaw
ST-6	<i>Ghost Point</i>	Benefits face and jaw
ST-7		Benefits face, jaw, and ear
ST-8		Benefits head, face, eyes, headache
ST-9	<i>Window of Heaven Point</i>	Benefits throat and neck, descend rebellious qi
ST-10		Benefits throat and neck, descend rebellious qi
ST-11		Benefits throat and neck, descend rebellious qi
ST-12		Descends Lung qi (contraindicated in pregnancy)
ST-13		Descends qi, unbinds chest
ST-14		Descends qi, unbinds chest
ST-15		Descends qi, unbinds chest, benefits breast
ST-16		Descends qi, unbinds chest, benefits breast
ST-17		Nipple - do not needle
ST-18		Descends qi, unbinds chest, benefits breast
ST-19		Harmonizes middle-jiao, descends rebellion
ST-20		Harmonizes middle-jiao, descends rebellion
ST-21		Harmonizes middle-jiao, raises qi and stops diarrhea
ST-22		Regulates qi, regulates intestines
ST-23		Harmonizes middle-jiao, transform phlegm and calms shen
ST-24		Harmonizes middle-jiao, transform phlegm and calms shen
ST-25	<i>Front-Mu of Large Intestine</i>	Regulates intestines (constipation and diarrhea), regulates SP/ST, resolves dampness, regulates qi and blood
ST-26		Regulates qi in lower abdomen
ST-27		Benefits KI, stops leakage, promotes urination
ST-28		Regulates lower-jiao, benefits bladder and uterus
ST-29		Warms lower-jiao, regulates menstruation and benefits genitals
ST-30	<i>Crossing Point of Chong Mai</i>	Regulates lower-jiao, regulates Chong Mai, subdues running piglet
ST-31		ACAP, treats bi and atrophy of lower leg
ST-32		ACAP, treats bi and atrophy of lower leg
ST-33		ACAP, treats bi and atrophy of lower leg
ST-34	<i>Xi-Cleft Point</i>	Moderates acute conditions , harmonizes ST and alleviates pain, ACAP
ST-35		Benefits knee, dispels wind-damp, reduces swelling, ACAP
ST-36	<i>He-Sea Point, Command of Abdomen</i>	Tonifies everything (qi, blood, yin), harmonizes ST, resolves damp, calms shen (ST-36 is good for deficiency and excess)
ST-37	<i>Lower He-Sea of Large Intestine</i>	Regulates intestines (diarrhea and constipation), clears damp, regulates SP/ST
ST-38	<i>Empirical Point of Shoulder</i>	Benefits shoulder , expels wind-damp, alleviates pain
ST-39	<i>Lower He-Sea of Small Intestine</i>	Regulates Small Intestine qi (pain in testicles), clears damp-heat
ST-40	<i>Luo-Connecting Point</i>	Transforms phlegm , (phlegm in LU causing cough, phlegm in HT causing shen problems), transforms damp
ST-41	<i>Jing-River Point</i>	Clears heat from ST (channel and organ), calms shen
ST-42	<i>Yuan-Source Point</i>	Clears heat from ST channel, harmonizes ST organ, calms shen
ST-43	<i>Shu-Stream Point</i>	Regulates Spleen, dispels edema, harmonizes ST and intestines
ST-44	<i>Ying-Spring Point</i>	Clears heat from ST channel (face, gums, teeth) , harmonizes intestines, clears damp-heat, calms shen
ST-45	<i>Jing-Well Point</i>	Clears heat from ST channel (face, gums, teeth), calms shen, revives consciousness